

ANNUAL REPORT
ON THE
PUBLIC HEALTH AND SANITARY
CONDITION
OF THE
RURAL SANITARY DISTRICT
OF PENRITH,
For the Year 1904.

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ANNUAL REPORT.



GENERAL CONSIDERATIONS.

The District of the Penrith Rural Council covers an area of 161,293 acres, but a large amount of this is fell land, uncultivated, and only grazed by sheep. The general characteristics are hill and dale, numerous small valleys, and the larger valley of the Eden on the East side of the district.

The highest altitudes are Crossfell on the East Side, 2930 feet, and Blencathra on the West, 2847 feet; the lowest level is about 250 feet at the extreme North of the district near Wreay and Armathwaite.

The population is entirely rural, occupying numerous villages and isolated farm houses scattered between them. It is generally well housed and fed; destitution of the extreme kind does not occur, as may be evidenced by the fact that there are only about 100 persons receiving relief in the district.

GEOLOGY.

On the West side the geological formation is chiefly Skiddaw Slate and Volcanic Rocks, and it is in this part of the district that the high ground principally occurs, viz.:—Blencathra, parts of Helvellyn and Skiddaw. Further East is a long belt of Carboniferous Limestone, running nearly North and South, which then gives place to Permian Sandstone, comprising the whole of Penrith Fell and extending across the River Eden to the slopes of the Pennine Range, where the Carboniferous series again commences on the East side of the Great Pennine Fault.

VITAL STATISTICS.

Births.

There have been 296 births registered during the year, occurring in the three districts, as follows:—

				Males.		Females.
Penrith Rural Sub-district		38	--	38
Greystoke	62	—	59
Kirkoswald	49	—	50
				<hr/>		<hr/>
				149		147

The Birth-rate is thus 23·08, which is very nearly the average of the last 10 years.

Of these births the large number of 25 were illegitimate, giving an illegitimate Birth-rate of 1·94 per 1000 population, and 84·45 per 1000 births; this is much larger than usual and it is to be hoped may be lessened in future years.

For the last four years the figures are :—

				Per 1000 Population.		Per 1000 Births.
1903	1.28	—	58.44
190289	—	41.13
190195	—	44.76
190098	—	46.64

This district used to be under the average of England and Wales—but last year closely approached it and this year is above.

The analysis of Births, according to districts, is given in the following table :—

District.	Total Births.	Illegitimate Births.	Birth-rate per 1000 population.	Legitimate Birth-rate per 1000 population.	Illegitimate Birth-rate per 1000 population.	Illegitim'te Birth-rate per 1000 Births.
Penrith Rural	76	11	24.00	20.53	3.47	144.73
Kirkoswald	121	9	22.82	21.14	1.68	82.64
Greystoke	99	5	22.70	21.55	1.15	50.50
TOTALS	296	25	23.08	21.14	1.94	84.45

GENERAL MORTALITY.

Death Rate.

The number of deaths during the year has been 166 ; giving, on an estimated population of 12,823, a death-rate of 12.94, which is considerably below the average of the last ten years, the chief improvements in any one class being in Zymotic Diseases, and the remainder spread generally over the whole class of diseases.

Classification of Deaths according to age.

(a) *Under One Year.*—There have been 23 deaths of infants, of these 15 are from Developmental Causes and entirely unavoidable ; of the remainder three deaths are from Convulsions and one from Enteritis, causes which are frequently avoidable ; still, only one death of an infant from Gastro-intestinal causes during a hot summer is a matter for great congratulation. The Infantile Death-rate is a low one—77.70 per 1,000 births, and lower than our average. There are two deaths from Whooping Cough.

(b) *One Year and under Five Years.*—Here there are only six deaths, one from Diabetes Mellitus at the early age of four years, and one from Whooping Cough, being the only ones worth comment.

(c) *Five to Fifteen Years.*—Six deaths, two being from Scarlatina.

(d) *Fifteen to Twenty-five Years*.—Six deaths, one being from Influenza, one from Phthisis, and two being due to accident.

(e) *Twenty-five to Sixty-five Years*.—There are 51 deaths during these four lustra, of which two are due to Influenza, seven to Phthisis, six to Malignant Disease, five to Pneumonia, and nine to Diseases of the Heart

The Summary and Incidence of the Diseases can be seen on Table IV.

(f) *Sixty-five Years and upwards*.—The majority of Deaths take place during this period, namely 74.

Senile Decay accounts for 19, and Diseases of Heart for 15 : it is impossible to be quite accurate as to how many of the latter are valvular as the certified cause frequently does not state.

Cancer claims 10 victims and Apoplexy seven.

The age of the oldest person at death was 94 years.

The Parish of Plumpton Wall has the highest death-rate, nearly 20 per 1000, but it should be stated that this is quite exceptional, and the causes of Death are not such as require any comment.

ANALYSIS OF THE CAUSE OF DEATH.

From the **Principal Zymotic Diseases** see Zymotic Sickness.

Influenza accounts for three deaths, but has not been epidemic until the end of the year, when there has been a re-crudescence of the original type and in a widely-spread epidemic.

Constitutional Disease.

There are 28 deaths classified under this heading, nearly all being Cancer or Tubercular Disease, one from Acute Rheumatism and one from Diabetes Mellitus being the only exceptions.

Cancer : There are 15 deaths returned from this cause and one from Sarcoma at ages from 44 to 76 years.

They have occurred in the following localities :—

Hutton Soil	1	Culgaith	1
Castlesowerby	2	Langwathby	1
Matterdale	1	Hesket	3
Skelton	1	Kirkoswald	1
Greystoke	1	Staffield	1
Plumpton	1	Winskill	1
Dacre	1				

By far the larger number occur in parts of the alimentary tract, and the number of deaths in each sex is equal.

The death-rate from Cancer is thus 1·24 per 1000, and the average for 10 years is ·99, considerably higher than the average of England and Wales.

Phthisis is the cause of death in 8 cases, and the whole class of Tubercular Diseases account for 10 deaths. The mortality rate for Phthisis is ·62, this is quite low—the average of our District for 10 years being ·77.

The Sanatorium at Threlkeld was opened this year and we hope it may in time have some effect in lessening the mortality from this Disease, but a great deal may be done by instruction to persons suffering from the complaint, chiefly with a view to prevent spitting anywhere, except into a spittoon. If people would only realize that the spatum dries and is scattered about as dust and with it the germs of the disease which they inhale, I think they would be anxious for some regulations on the subject and Phthisical patients would more readily carry out any rules given them.

Developmental Diseases.

The deaths of infants under this head are all unavoidable, and there are 19 deaths from Senile decay, which is a higher number than usual.

Local Diseases

These account for 86 deaths, of which the largest number come under the heading of Apoplexy, Heart Diseases, and Pneumonia.

Deaths from Violence.

There have been eight deaths, a rather larger number than is usual, of which two were due to suicide.

Deaths from Ill-defined Causes.

Three deaths come under this heading.

In one the cause is given as "Exposure," and was the subject of a Coroner's inquest. Another was reported to the Coroner, but no inquest held, and returned as "Probably Whooping Cough." The last returned as "Probably Heart Disease," is a non-certified death.

There have been only four non-certified deaths, and nine Coroner's inquests have been held in the district during the year.

ZYMOTIC DISEASE.

Zymotic Death=rate.—There have been 62 cases of Infectious Disease notified during the year, and three others coming to my knowledge. These have been almost entirely Scarlatina, and it is worthy of note that not a single case of Enteric Fever has been notified during the year. Smalipox also has been absent, as well as Diphtheria.

Two cases of Erysipelas have occurred, but do not call for comment.

One case of Puerperal Fever was reported, but there were no special circumstances in connection with it.

Scarlatina: The large number of cases of this disease occurring during the year is chiefly due to a considerable epidemic starting from Kirkoswald; numerous cases of a mild character occurred before the first notification on June 29th, and the parents of one family who had the disease were very careless, and indeed wilful in the way in which they allowed their children to mix with the general public; at last, hearing that one boy had run in races at Kirkoswald Gala and another child been among the spectators while desquamating, I removed the 3 children to the Fever Hospital and recommended the Council to prosecute the parents. On account of the children's father being ill and other circumstances, this method was not adopted and a warning was given them in the hope that other people would be more careful. But generally, through this mild epidemic, which caused in all 40 cases,

those who concealed the disease or took no notice of its occurrence in their families came off best, and I found it quite impossible to obtain the names and addresses of those who were not notified from those who were, and the latter greatly resented their more stringent treatment. The disease spread from this centre to the adjoining villages of Lazonby, Langwathby, Great Salkeld and Ainstable. Eighteen cases were removed to Hospital.

A small epidemic of eleven cases occurred with Stainton as a centre, but was soon got under.

Cases have also occurred with Unthank as a centre and lately from the same source at Skelton; this outbreak was of a more severe type and caused two deaths at Unthank; it was complicated at Skelton by Chickenpox occurring in the same patients, and two cases which I saw at the Fever Hospital were very severe on account of the Septic Infection of the Chickenpox Vesicles.

Thirty-two cases in all were removed to the Hospital.

The following list shows the localities in which Scarlatina occurred and the number of houses infected:—

			Cases.	Houses Infected.			
Dacre	11	—	6	Plumpton 1 — 1
Hutton-in-the-Forest	6	—	3	—	4	Skelton 6 — 4
Kirkoswald	9	—	6	Staffield 1 — 1
Langwathby	2	—	2	Great Salkeld 7 — 5
Ainstable	11	—	8	Hesket 1 — 1
Lazonby	8	—	6		

Schools were closed for varying periods at Ainstable, Great Salkeld, Kirkoswald, Stainton and Skelton.

Whooping Cough was prevalent at Renwick and Lazonby, and was the cause of death in two Infants at Plumpton Wall and Kirkoswald.

The school at Langwathby was closed for a time on account of an epidemic of Mumps.

Chickenpox also was severe and widespread at Skelton.

Influenza was the cause of three deaths and has been very prevalent at the beginning and end of the year.

The Hospital is in the Urban District and controlled by a Joint Board of Representatives from the Urban and Rural Districts.

There is also a separate Smallpox Hospital, consisting of two wards and a caretaker's house, and capable of accommodating 12 patients of both sexes.

Disinfection is performed by a Reck's Steam Disinfector at the Hospital and by an Equifex Spray at the patients' homes.

HOUSE ACCOMMODATION.

There appears to be a sufficiency of houses in the District, although many cottages are small and damp: things in this respect are gradually improving, as old cottages become vacant and not worth repair, and new ones are built under the Local Government Bye-laws which have been modified to suit the requirements of Rural Districts. There is always a sufficiency of open space and the surroundings are kept clean by visits of the Sanitary Inspectors where required.

TABLE I.

FOR WHOLE DISTRICT.

YEARS.	Popula- tion estimated to Middle of each Year.	BIRTHS.		DEATHS UNDER ONE YEAR OF AGE.		DEATHS AT ALL AGES.		Deaths in Public Insti- tutions.	Deaths of Non- residents register'd in District.	Deaths of residents register'd beyond District.	DEATHS AT ALL AGES. NETT.	
		Number.	Rate.*	Number.	Rate per 1000 Births registered.	Number.	RATES.*				Number	Rate.*
1894	13448	327	24.35	35	107.00	188	14.00	Nil.	Nil.	Nil.	Nil.	Nil.
1895	13387	325	25.29	34	98.42	211	15.04	"	"	"	"	"
1896	13351	330	24.99	19	62.07	163	12.09	"	"	"	"	"
1897	13313	336	25.23	26	99.69	225	16.90	"	"	"	"	"
1898	13275	291	22.12	24	82.33	175	12.96	"	"	"	"	"
1899	13237	323	24.33	34	108.01	173	13.27	"	"	"	"	"
1900	13199	289	21.89	25	86.5	191	14.47	"	"	"	"	"
1901	12995	271	20.85	26	95.94	164	12.31	"	"	"	"	"
1902	12967	279	21.30	16	51.35	160	12.31	"	"	"	"	"
1903	12911	287	22.23	30	108.16	169	13.08	"	"	"	"	"
Averages for years 1894--1903.	13198	305	23.25	27	89.94	181	13.64	"	"	"	"	"
1904	12823	296	23.08	23	77.70	166	12.94	1	1	"	165	12.93

* Rates calculated per 1000 of estimated population.

Total population at all ages, 13,023..... }
 Number of inhabited houses, 2743 }
 Average number of persons per house, 4.75 ... }
 At Census of 1901

Area of District in acres ... 161,293.

TABLE II.
PENRITH RURAL DISTRICT.

NAMES OF LOCALITIES.	PENRITH SUB-DISTRICT.				GREYSTOKE.				KIRKOSWALD.			
	Population esti- mated to middle of each year.	Births registered.	Deaths at all ages.	Deaths under 1 year.	Population esti- mated to middle of each year.	Births registered.	Deaths at all ages.	Deaths under 1 year.	Population esti- mated to middle of each year.	Births registered.	Deaths at all ages.	Deaths under 1 year.
1896 ...	3227	87	35	4	4616	111	63	8	5508	132	65	9
1897 ...	3208	65	55	5	4612	110	86	11	5493	161	84	10
1898 ...	3189	75	37	5	4608	100	61	12	5478	116	77	7
1899 ...	3170	77	47	9	4604	108	57	12	5463	138	69	13
1900 ...	3151	63	56	4	4600	90	63	10	5448	136	73	11
1901 ...	3146	69	39	7	4433	92	56	8	5362	120	69	11
1902 ...	3200	64	38	2	4413	94	52	3	5354	121	70	11
1903 ...	3187	73	40	6	4393	90	63	16	5331	124	66	8
Averages of years 1896 to 1903.	3184	71	43	5	4535	99	62	10	5429	131	71	10
1904 ...	3166	76	38	7	4361	99	61	6	5296	121	67	10

TABLE III.

Cases of Infectious Disease notified during the Year 1904.

NOTIFIABLE DISEASE.	CASES NOTIFIED IN THE WHOLE DISTRICT.							Total Cases Notified in each locality.			No. of Cases Removed to Hospital from ea. locality		
	At Ages—Years.							Penrith	Greystoke	Kirkoswald	Penrith	Greystoke	Kirkoswald
	At all Ages.	Under 1.	1 to 5.	5 to 15.	15 to 25.	25 to 65.	65 and upwards.						
Smallpox ...	Nil.
Cholera ...	Nil.
Diphtheria ...	Nil.
Membranous croup ...	Nil.
Erysipelas ...	2	1	2
Scarlet fever ...	59	...	11	42	3	3	...	2	23	34	2	15	15
Typhus fever ...	Nil.
Enteric fever ...	Nil.
Relapsing fever ...	Nil.
Continued fever ...	Nil.	—
Puerperal fever ...	1	1	1
Plague ...	Nil.	—
TOTALS ...	62	...	11	42	4	4	1	2	23	37	2	15	15

Showing Deaths Registered from all Causes during the Year 1904.

[illegible]

[illegible]

THE RURAL DISTRICT COUNCIL OF PENRITH.

INSPECTORS' REPORT of the Sanitary Measures carried out for the Year ending December 31st, 1904.

INSPECTORS:—*East Division*: THOMAS WATSON, Kirkoswald. *West Division*: WILLIAM LEE, Penrith.

	East Division.			West Division.		
No. of Complaints	7			2		
No. of Inspections	327	311		
No. of Re-inspections	50	59		
Result of Inspections		
Orders issued for Sanitary Amendments of Houses and Premises	11	2		
Houses, Premises, &c., Cleaned and Repaired	20	14		
Whitewashed, &c.	15	3		
Houses Disinfected after Illness of an Infectious Character	22, and 5 Schools, Ainsdale 3 times, 2 Kirkoswald	21 and 3 Schools, Stainton, Newbiggin, and Skelton		
House Drains:—						
Repaired, Cleansed, Trapped, &c.	36	26		
Ventilated ..	20	2		
Privies and W.C.'s:—	4	6		
Repaired, &c.	6	2		
Supplied with Water ..	6	5		
New Provided		
Water Supplies:—		
New Wells	None	None		
Wells Cleaned Out	1	3		
Schemes Carried Out ..	1 Private at Kirkoswald Vicarage, &c.	None		
Sewerage Works:—	None	Stainton (part)		
Schemes Carried Out	2 New Tanks at Skelton		
Certificates for New Houses ..	None	Threlkeld 3, including sanatorium Motherby 1		
Licensed Cowsheds:—						
Number in District and Number of Inspections	4. Inspected 1 three times, others twice	9. Inspected 5 three times, others twice		
Special Visits to Cases of Infectious Illness	59			
Do. do. to Sewerage Schemes (Great Salkeld connections)	140			

SANITARY RETROSPECT.

- 1873—Kirkoswald Sewer.
1876—Renwick Sewer.
1878—Ainstable Water Supply.
Blencarn Water Supply.
Langwathby Water Supply.
1880—Blencowe Water Improvements.
1881—Great Salkeld Water Supply.
Skirwith Water Supply.
1884—Greystoke Sewer.
1887—Croglin Water Supply (Private).
Greystoke Water Supply (Private).
1888—Threlkeld Water Supply.
Calthwaite Water Supply (Private).
1889—Renwick Water Supply.
Infectious Diseases Notification Act adopted
1890—Great Salkeld Sewer (Part of Village).
Glassonby Sewer.
Stainton Water Supply.
Lazonby Water Supply.
1891—Skelton Sewer (Part of Village).
Skirwith Water Supply (Supplementary).
1892—Armathwaite Sewer.
1893—Stainton Sewer (Part of Village).
Culgaith Sewer (Part of Village).
Gamblesby Water Supply.
1894—Kirkoswald Water Supply.
Glassonby Water Supply.
Edenhall Water Supply (Private).
Lazonby Sewer.
1895—Langwathby Sewer.
1896—Little Salkeld Sewer (Part of Village).
Blencarn Sewer (Part of Village).
Ousby Water Supply.
Hunsonby and Winskill Water Supply.
1897—Threlkeld Sewer.
Melmerby Water Supply.
Public Health Amendment Act, 1890, adopted.
Infectious Diseases Prevention Act, 1890, adopted.
1898—Bye-Laws relating to New Buildings and Common Lodging Houses adopted.
1899—Croglin Sewer (Part of Village).
1900—Stainton Sewer (Part of Village).
1902—Croglin Sewer, completed.
Culgaith Sewer, completed.
1903—Dacre Water Supply
Great Salkeld Sewer, completed

